

Resilient Warrior Source

SPOUSES COMMITTEE

Created by the Spouses for the Spouses to Support our Spouses

The Spouses Committee was created to provide Warrior Transition Unit (WTU) spouses the opportunity to meet with other spouses who understand the challenges they are going through as their husband or wife is in the transition process. The spouse's committee meets every Friday from 9:00 a.m. to 12:00 p.m. at the SFAC, bldg 7492. Mr. Jamel Gilbert, Social Services Assistant at the SFAC, is the facilitator for this committee. He can be reached at (719) 526-5807, (719) 332-0200 or by email at jamel.gilbert@conus.army.mil.

As part of the Spouses Committee, spouses are provided information and awareness about how various programs and support systems work together and how to help their Soldier and themselves cope with the everyday stress as they rehabilitate back to their military duties or transition into civilian life outside the Military. Any spouse who wants to participate in the Spouses Committee is welcome and child care is available at the SFAC when you attend on a first come first serve basis for WTU families. Your child must be registered on post at Central Registration, located across from the Ft Carson Fire Department. Please call (719) 526-1101 to reserve a slot!!

Don't isolate yourself! Come and meet other spouses who understand what you are going through. Breakfast items and snacks are provided.

Some of the topics that are addressed at the committee meetings are:

- Discussions on how Command and Spouses can work and communicate more effectively
- Ideas for how spouses can be more involved in the transition process
- Activity planning for the family along with getaway trips for the Soldier and spouse to de-stress.
- Allows the spouse a break from day to day
- Encourages health and wellness by promoting group workout sessions
- Spouses Committee members help plan fun activities for the family social which is held the last Tuesday of every month at the SFAC from 1700 to 1930. Why cook when you don't have to??



Topics of Interest

Bravo Company Events
Charlie Company News
Chaplain's Corner
Soldier and Family Assistance Center

- Family Social
- Professional Development Presentation
- Credit and Your Consumer Rights
- National Consumer Protection Week Flyers

Outreach Flyers

Self Improvement

- Traumatic Brain Injury Classes

Special Interest

Better Opportunities for Single Soldiers

Coming Soon

Website of the Month
www.myarmyonesource.com

Resilient Warrior Source

Bravo Company

Company Commander: CPT Andrea M. Peters
Company First Sergeant: 1SG Henry W. Wilkins
Company Executive Officer: 1LT Christopher Vasquez
1st PLT PSG: SFC Floyd R. Williams
2nd PLT PSG: SFC Christopher T. Hughes
3rd PLT PSG: SFC Nouel D. Vargas
4th PLT PSG: SFC Darryl L. Johnson



March "Resources" Month

Dates to Remember:

2 Mar	Company Town Hall
4 Mar	Company Awards and Promotions
10 Mar	Battalion Orientation BLDG 813 0800-1700
11 Mar	Colorado Veterans Services Info
16 Mar	Employer Panel
18 Mar	Denver Mint Tour
25 Mar	B CO Fun Day (Dave and Busters)

Quote of the Month:

We become captivated by the height of the mountain rather than our ability to climb when we lose our purpose for making it to the peak.

Tim Redmond

Welcome New Cadre Members:

CPT William "Chad" Hamrick, Commander
SFC Daniel Root, New PSG (1st PLT)

Awards:

SGT Sebastian Munevar
Honor Graduate and Leadership Award Recipient
Warrior Leader Course



LEFT: SPC Hart was the "Laptop Winner" from the 2nd PLT fundraiser.



BELOW: "Change of Responsibility" 1SG Wilkins "Bulldog 7 On the Net!"

From the Commander

Bravo Bulldawg Soldiers and Spouses; it was truly an honor to serve you during these last 14 months of command. You all have added so much to my life and my way of thinking. I appreciate and will miss each of you. My Change of Command will be 08 March 2011, 1200hrs at the SEC. The incoming commander is CPT Chad Hamrick who is excited and looking forward to serving you as well. I hope to see you at the CoC, but if I do not, I pray you swiftly proceed through this transition phase and your lives are filled with endless possibilities. God Speed!

Bulldawg 6 OUT!

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Charlie Company

Over Valentine's Day weekend, eight Soldiers from the Warrior Transition Unit were treated to an adventure packed weekend 100 miles west of Fort Collins in Walden, Colorado.

The group arrived Friday afternoon and was greeted by retired service member Karl Gruber who put the trip together for the wounded Soldiers. Gruber, a resident of Walden, gathered members of his church to come together to provide meals, lodging, and snowmobiles for each Soldier that attended.

The first night, the Soldiers were treated to dinner at the Moose Creek Café which is a local run restaurant in rural Walden, Colorado. On Saturday morning the Soldiers drove out to the local KOA Campground to register for the poker run and get a safety brief on what to expect throughout the day. The poker run benefited the Colorado Search and Rescue and the North Park Ambulance Crew which aides snowmobilers in the event of an accident that requires recovery or medical services.

Each Soldier was given five hands of poker at each of the five stops they visited throughout the trip which included a family run General Store and Drifter's Restaurant, known for its steak chili. After an all-day trip the Soldiers were taken to eat at yet another family owned restaurant known for their prime rib. On Sunday, with



Soldiers begin the 8.8 mile Poker Run outside of the KOA Campground in Walden, Colorado.

help from Mr. Gruber's son and daughter in-law, the Soldiers were treated to a home cooked breakfast in a log cabin nestled at the base of the mountain. This strictly wood-heated home gave the Soldiers a place to relax and share stories about their experiences on the trip. For most this was the first time they had ever been on a snowmobile so they shared tricks they had quickly learned to help them navigate through the eight feet of snow.

SGT Matthew Miller, from Charlie Company said, "trips like these help boost your morale during times when the future is unknown." Events similar to this occur almost every weekend and Soldiers are encouraged to seek opportunities to try new things. Future Outreach events can be found at the SFAC through Ms. Yvette Allen and some even cater to spouses and/or families.

A special thanks to Mr. Karl Gruber, Mr and Mrs. David Gruber, and the town of Walden, Colorado for their support and dedication to the United States Military.

Written By: SSG Jason Wilcox
Photos By: The Gruber Family



Mountain Post Soldiers unwind with a home cooked breakfast the day after the all day ride.

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Chaplain's Corner

March is a month full of activities. On 8 March, 2011 a Tuesday night, the Chapel community is going to have a "Fat Tuesday" Pancake and Sausage Supper at 1800 or 6 pm at Soldier's Memorial Chapel. We will feed from 6-7 pm and then begin a program explaining the significance of Fat Tuesday. Ok, here is a hint. In days gone by, people would fast from sugar, fat, eggs during the 40 day period called Lent. So before Lent begins on 9 March with Ash Wednesday, the people would eat all the eggs, fat and sugar they could until Easter. Lent could be described as a "spiritual spring cleaning for the soul."

Some folks focus on self-denial during the season of Lent. We hear it typically with the expression, "I'm giving up (blank) for Lent." Members of the Roman Catholic Church (traditionally) gave up eating meat on Friday. So during the spring we see many restaurants offering a special fish dish on Fridays. Other organizations will have as a money maker such as a "Fish Fry." Among some Protestants we see people giving up things like: watching television and drinking coffee. The idea is not only to give up something so we can better understand what it means to deny ourselves, it is also to take the time we don't watch television and spend it reading the Bible, praying for our family, friends and ourselves.

A different way to focus on Lent is to "take on" something for Lent. One practice that I am fond of is to read one chapter out of the Book of Proverbs each day. Proverbs has 31 chapters. So whatever day of the month it is, that is the number of the chapter you read. For example, I am writing this on the 18th of February. Today, I would read Proverbs, chapter 18. I understand that some people do not like to read, so what could they take on? Some folks take on a more hands on approach. Perhaps during the season of Lent, they will volunteer at a soup kitchen-to feed the hungry, help the homeless, visit those sick and in prison, donate clothes to those without, welcome strangers to their neighborhood, unit or other organizations. The options are endless as we seek to live out a faithful life.



By: CH (MAJ) Carl Johnston

Resilient Warrior Source

Soldier Family Assistance Center

Family Social

The SFAC hosts a Family Social the last Tuesday of every month beginning at 5:30 p.m. Dinner is FREE and the whole Family is invited to join the SFAC staff. Learn more about all the SFAC services and how they can support you during your Soldier's transition period.

29 March 2011

5:30-7:30 p.m.

For more information please
contact Jamel Gilbert at 526-0464.

We look forward to meeting you!!!



Once-A-Year Professional Development Presentation on Transition

The Army Career and Alumni Program (ACAP) is sponsoring a once-a-year lecture regarding transition here at Fort Carson. It will be presented by The Military Officers Association of America (MOAA), and is entitled "Marketing Yourself for a Second Career." The event will be held on Wednesday, June 8, 2011 from 0900-1130 in McMahon Theater, Bldg 1517, on Fort Carson. To register call 526-1001/1002. Spouses are highly encouraged to attend.

Quote of the Month:

It's your attitude, not your aptitude, that determines your altitude in life. Author Unknown

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Soldier Family Assistance Center

CREDIT AND YOUR CONSUMER RIGHTS

If you've ever applied for a credit card, a personal loan, or insurance, there's a file about you. This file is known as your credit report. It is chock full of information on where you live, how you pay your bills, and whether you've been sued or arrested, or have filed for bankruptcy. Credit reporting companies sell the information in your report to creditors, insurers, employers, and other businesses with a legitimate need for it. They use the information to evaluate your applications for credit, insurance, employment, or a lease.

Having a good credit report means it will be easier for you to get loans and lower interest rates. Lower interest rates usually translate into smaller monthly payments.

Nevertheless, newspapers, radio, TV, and the Internet are filled with ads for companies and services that promise to erase accurate negative information in your credit report in exchange for a fee. The scam artists who run these ads not only don't deliver — they can't deliver. Only time, a deliberate effort, and a plan to repay your bills will improve your credit as it's detailed in your credit report.

The Federal Trade Commission (FTC), the nation's consumer protection agency, has a website designed to help, among other things, explain your rights as a consumer and offers practical tips to help you solve credit problems. Here's a summary of your Rights under the Fair Credit Reporting Act (FCRA):

You must be told if information in your file has been used against you. Anyone who uses a credit report or another type of consumer report to deny your application for credit, insurance, or employment — or to take another adverse action against you — must tell you, and must give you the name, address, and phone number of the agency that provided the information.

You have the right to know what is in your file. You may request and obtain all the information about you in the files of a consumer reporting agency (your "file disclosure"). You will be required to provide proper identification, which may include your Social Security number. In many cases, the disclosure will be free. You are entitled to a free file disclosure if:

- a person has taken adverse action against you because of information in your credit report;
- you are the victim of identity theft and place a fraud alert in your file;
- your file contains inaccurate information as a result of fraud;
- you are on public assistance;
- you are unemployed but expect to apply for employment within 60 days.

You have the right to ask for a credit report. Under the Free File Disclosure Rule of the Fair and Accurate Credit Transactions Act (FACT Act), each of the nationwide credit reporting companies — Equifax, Experian, and TransUnion — is required to provide you with a free copy of your credit report once every 12 months, if you ask for it.

You have the right to dispute incomplete or inaccurate information. If you identify information in your file that is incomplete or inaccurate, and report it to the consumer reporting agency, the agency must investigate unless your dispute is frivolous. See www.ftc.gov/credit for an explanation of dispute procedures.

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Soldier Family Assistance Center

CREDIT AND YOUR CONSUMER RIGHTS

Consumer reporting agencies must correct or delete inaccurate, incomplete, or unverifiable information. Inaccurate, incomplete or unverifiable information must be removed or corrected, usually within 30 days. However, a consumer reporting agency may continue to report information it has verified as accurate.

Consumer reporting agencies may not report outdated negative information. In most cases, a consumer reporting agency may not report negative information that is more than seven years old, or bankruptcies that are more than 10 years old.

Access to your file is limited. A consumer reporting agency may provide information about you only to people with a valid need -- usually to consider an application with a creditor, insurer, employer, landlord, or other business. The FCRA specifies those with a valid need for access.

You must give your consent for reports to be provided to employers. A consumer reporting agency may not give out information about you to your employer, or a potential employer, without your written consent given to the employer. Written consent generally is not required in the trucking industry. For more information, go to www.ftc.gov/credit.

You may limit "prescreened" offers of credit and insurance you get based on information in your credit report. Unsolicited "prescreened" offers for credit and insurance must include a toll-free phone number you can call if you choose to remove your name and address from the lists these offers are based on. You may opt-out with the nationwide credit bureaus at 1-888-5-OPTOUT (1-888-567-8688).

You may seek damages from violators. If a consumer reporting agency, or, in some cases, a user of consumer reports or a furnisher of information to a consumer reporting agency violates the FCRA, you may be able to sue in state or federal court.

Your Financial Counselor at the SFAC is able to assist you in obtaining your free credit report and assist you in understanding the contents of the reports. She can also assist you in disputing incorrect items you find in your report. Please call (719) 526-0359 to set up an appointment for a free financial management counseling. Other topics of interest are personalized budget/financial planning, debt consolidation, credit repair, and emergency financial assistance.

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Soldier Family Assistance Center

LET'S PLAY



Celebrate
National Consumer
Protection Week @
the SFAC
March 6-12, 2011



Guess the total value of the items in the basket.
Contestant who gets closest to the correct amount,
WINS the basket. Contest is open to WTB only.

Stop by and give it your best shot, the basket is
located at the SFAC main lobby, Bldg 7492,
1481 Titus Blvd, Fort Carson.

Are you ready to
be the next...

American
Coupon Idol



SFAC is sponsoring a coupon contest for the WTB.
See how much you could save by using coupons while
shopping at your local grocery store during the
National Consumer Protection Week, March 6-12, 2011.

Contest rules



1. Save your grocery receipts during the week of March 6-12, 2011.
2. Fill out an entry form and attach all your receipts showing the total amount you have saved after using coupons.
3. Drop your entry at the designated drop box located at the SFAC.
4. The winner will be notified by email/ phone and prizes will be awarded at the next Family Social on Mar 29, 2011 from 5:30pm to 7:30pm.



Come out and enjoy A

St. Patrick's Day Shindig

SFAC - Building

16 March 2011

1130 - 1430

Prizes Music

Food Games

Luck of the Irish



Resilient Warrior Source

Outreach



FRONT RANGE ARCHERY PROGRAM

Who: Wounded and Disabled Military, Retirees and Family members

What: Archery Orientation, Training, Competition, Bow Hunting

When: Tuesday & Wednesday 1:00 to 5:00

Cost: FREE

Where: Pellegrino's Archery Hut 6325 E. Platte Avenue (638-0554)

Why: Feeder program for Paralympics Archery Program

Sign-up with Outreach Manager

Yvette Allen @ 719-526-0316

Yvette.m.allen@us.army.mil



PROJECT HEALING WATERS FLY FISHING HEALING THOSE WHO SERVE Free Fly Tying Lessons

At the SFAC
Thursday evenings 6:30 - 8:30
March 17 - April 28

Sign up now! Contact:
Yvette Allen @ the SFAC
yvette.m.allen@us.army.mil
719-526-0316



Learn to tie:
San Juan worm, Griffith's
gnat, wooly bugger, caddis
larvae, soft hackle, gold
ribbed hare's ear, pheasant
tail, Adams, and elk hair
caddis.



You will learn techniques to tie
all the flies you need to fly fish
in Colorado.

All tools and materials are
provided at no cost.



Learn to Ski!!!

At the KEYSTONE RESORT in Summit County, Colorado

April 2-3, 2011

Funding is limited.

10 Full scholarships available on a first come, first serve
basis.



"We are all here for each other. There are a lot of people who have the same injuries as me, so we can support each other. We keep our hopes up. We tell each other never to give up... There's a lot of support out there, but it's most important to not give up on yourself."

--Airman 1st Class Kevin Krogh who attended the Ski/Ride Camp last year

The Breckenridge Outdoor Education Center will be hosting a 2 day learn to ski course on April 2-3, 2011 for recently wounded military personnel and veterans. Wounded Warriors will be provided private lessons with certified instructors.

Meals and accommodations will be provided by the Keystone Science Center Lodge near the slopes of the Keystone Resort. Transportation to and from the slopes will be included. Participants will need to provide their own transportation from Ft. Carson to Keystone.

The Breckenridge Outdoor Education Center (BOEC) is a national leader in outdoor adventure education serving all people, while ensuring that the outdoor adventure is accessible to those with disabilities and special needs. The mission of the Breckenridge Outdoor Education Center is to expand the potential of people with disabilities and special needs through meaningful, educational, and inspiring outdoor experiences.

For more information or to sign up, contact
Yvette Allen Outreach Manager, SFAC
719-526-0316
Yvette.m.allen@us.army.mil

Free Airplane Rides

Tour the City
Or take a Mountain View Ride
Wednesday & Saturday from 0800 to 1200

See Yvette Allen at the SFAC for more details or call 526-0316



Resilient Warrior Source

Outreach

Free Trip to Disney



Soldiers may qualify for a free 8 day - 7 night stay at Disney's Bahama Bay Resort. Hotel & Park passes included.



Wounded Warriors Family Support owns four fully furnished condominium units at the beautiful Bahama Bay Resort for use by the families of our wounded or injured veterans and the widows and children of our fallen heroes. We provide our families with free passes to [Universal Orlando Resort](#), [Sea World Orlando](#), and [Wet 'n Wild Orlando](#).

AIR FARE IS NOT INCLUDED

Qualified beneficiaries are the dependent families of those who, while serving in the U.S. Army, Marine Corps, Navy, or Air Force, have been wounded, injured or killed while engaged in direct combat operations as defined by the Department of Defense. **Wounded Warriors Family Support** is a family oriented program.

In order to qualify, service members must have dependent children. Widows with dependent children of those killed in action or died of wounds are also eligible. Preference will go to enlisted members with children who have been separated from active duty because of injuries or wounds sustained in combat operations.

To Qualify: You Must have been **PHYSICALLY WOUNDED** in **combat** during OIF/OEF and Have Children

****If you have a Purple Heart you will receive Priority ***!!**

Resilient Warrior Source

Special Interest

Defense and Veterans Brain Injury Center Expands Classes

The Back to Basic Class is a one hour interactive class on TBI and some mention of combat stress/PTSD overlap. It is designed for anyone that has had a TBI or anyone that would like to learn more about what TBI is or isn't and resources for service members. Family members and professionals are invited to attend as well. Robin Wininger, Regional Education Coordinator for Defense and Veterans Brain Injury Center is the lead instructor.

Beyond the Basics is a thirty minute interactive class on specific ongoing symptoms from TBI. It is designed for anyone who has ongoing concerns with symptoms from having sustained a TBI. Tami Clark, Education Coordinator for Defense and Veterans Brain Injury Center is the lead instructor.

"Life after TBI for Caregivers" is a monthly group that helps spouses/caregivers with on-going concerns from a WTU service member who has had a TBI. This group is held monthly on the 4th Tuesday of the month at the SFAC from 1030-1130. Reservations need to be made with Robin Wininger or Tami Clark. Childcare is available if registered with the CDC on Fort Carson. Tami Clark and Robin Wininger will talk about concerns with caring for a service member of TBI for around 30 minutes based on DVBIC educational materials. Joanne Smaldino-Bennett and Paula Creamer Care Coordinators for DVBIC will be available to further discuss medical concerns for the remaining 30 minutes.

MARCH SCHEDULE:

BACK TO BASIC CLASSES will be held MARCH 16th from 1130-1230 at the WRC (WARRIOR RECOVERY CENTER) and March 23rd from 5-6 p.m.

BEYOND THE BASICS CLASSES will be held MARCH 10th from 1130-1200 at the USO
And MARCH 24th from 1130-1200 AT THE USO

LIFE AFTER TBI FOR CAREGIVERS (WTU) will be held MARCH 22nd from 1030-1130 at the SFAC

National Consumer Protection Week 2011

MARCH 6-12

Resilient Warrior Source

Special Interest

A Magical Night for Fathers and Daughters

Military Father Daughter Dance

Saturday, March 19, 2011

6-9pm at the Crowne Plaza Hotel
(Doors open at 5:30 pm)

Cost: \$35 E-7 and below; \$45 all others
Please note the cost for each additional daughter is \$15.00.

Tickets will be on sale from January 24th - March 4th at the Southeast Family YMCA, Briargate Family YMCA, Tri-Lakes Family YMCA and Ft. Carson Leisure Travel Office.

Admission includes a light dinner and a dance. Please bring your personal camera for photographs.

Dress: Mess Dress or Class A for Active Military; Business attire for Retirees and civilians; Party dresses for daughters.

All Service Branches Welcome

The registration deadline for the Father Daughter Dance has been extended to March 15, 2011.

Financial assistance is available through the Y Assist Program.

Army Community Service | 5300 Visual Avenue | Building 1031 | Fort Carson | Colorado 80915-4047 | TEL: 719-533-0900 | FAX: 719-533-1100 | TOLL FREE: 1-800-442-4422 | WWW.ACS.YMCA.ORG | WWW.YMCA.ORG | 1-800-442-4422



Ball Season Gown Swap and Beauty Fair

March 21 at the Foxhole, 5:30 - 8:30 p.m.

♥ Tons of giveaways!

♥ Free admission

♥ Free finger food

♥ 18 and over only

No children please!

* Gowns, shoes, and accessories can be dropped off on March 14 and 15, between noon and 2 p.m.

***Evening wear can be purchased with cash only!

♥ Gowns: \$5 ♥ Shoes: \$2 ♥ Accessories: \$2



\$300 to the FRG with the most participation points! Earn 1 point for each gown, each pair of shoes and each accessory donated. Receive 1 point for each participant as well! You do not need to bring a gown to participate.

Call for info: 526-5347



WHEN WAR COMES HOME DON'T RETREAT

Retreat for women whose lives are connected to combat veterans of any era

May 13-15

Glen Eyrie Conference Center
Colorado Springs

719-440-1000

www.whenwarcomeshomeretreats.com

Find hope, healing & solutions

Scholarships
Available



Resilient Warrior Source

Special Interest



DAVE RAMSEY

LIVE AT
FORT
CARSON

FRIDAY, MARCH 25 • 5:30 to 7p.m.
SPECIAL EVENT CENTER • BUILDING 1829

Tickets will be required (1 per individual) and available at various locations throughout the installation. Doors will open at 4:30p.m. Overflow location with LIVE video feedback: McMahon Auditorium, Building 1517.



Open to Military ID card holders and DOD employees only.

Tickets are limited! Contact ACS at 719.526.4590 or see your CFNCO

Army Community Service (ACS) Financial Readiness Program

FORT CARSON

Financial EXPO

2011

Friday, 25 March • 1300 to 1600
Special Events Center, Building 1829 (Corner of Specker & Prussman)

This is your opportunity to make informed financial decisions. Come out and ask the experts about VA Home Loans, TSP, retirement, investing and much more. Open to all DoD ID card holders.
For more details, contact ACS at (719) 526-4590.

Participants will include:



Army Community Service (ACS) Center, Building 1526, 6303 Wetzel Avenue, Fort Carson, Colorado 80913-4104 / TEL: (719) 526-4590 / TOLL FREE: 1-866-864-8769 / TTY: (719) 526-1969
DDN 691 / FAX: (719) 526-2637 / WEB SITE: www.fortcarson.army.mil / Facebook Username: Fort Carson Army Community Service / Twitter Username: Fort Carson ACS

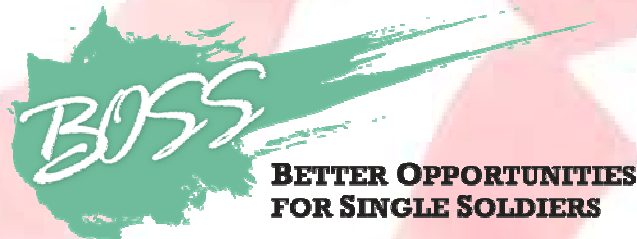
ACS

Resilient Warrior Source

Better Opportunities for Single Soldiers

BOSS Colorado Springs Tour - 6 March 2011

This unique tour is a great way of getting out and seeing Colorado Springs, whether you are brand new or been here for a year! The FREE 3.5 hour tour runs about 80 miles never leaving the city limits and takes you to major sites of the area, all the military bases, Garden of the Gods, good places to eat, places to shop, and more! This trip goes one Sunday each month, meeting at 1200 outside the USO, bldg 1218. A minimum of 3 people must show-up for the van to go. Make sure you jump on this opportunity to check out Colorado Springs because it is only once a month!



St. Patrick's Day Pool and Darts Tournament - 17 March 2011

Test your pool and darts skills at the BOSS 8 Ball and Cricket, 501 and 301 Tournaments located at The Foxhole (during the St. Patrick's Day Party), bldg 1532. Registration starts at 6 p.m., the tournaments will kick off at 6:30 p.m. Participation is FREE, great prizes for the winners!

Nuggets vs. Spurs Basketball Trip — 23 March 2011

Join BOSS as we head to Denver to watch the Denver Nuggets play the San Antonio Spurs. \$25 gets you a ticket, transportation and a \$10 meal card. The trip will depart from the Hub at 5 p.m., tip-off is at 8:30 p.m. Sign up and pay NLT 16 March at ITR (Bldg 2429), tell them you're with BOSS!

Bowling Night — 24 March 2011

Join BOSS as we hit the lanes for a cheap night of bowling fun! For only \$5 you will get 3 games, food, a fountain drink, and shoe rental! Make sure you check out the BOSS facebook page (www.facebook.com/FortCarsonBOSS) anytime after March 1 to get a coupon for an even bigger discount! Don't show up too late, only the first 40 coupons will be honored. We will also be giving out giveaways and fun free stuff throughout the night! The event will be 6-9 p.m. at Thunder Alley Bowling Center, bldg 1511. For questions or more information call 524-2677.

Look for these BOSS events in April:

BOSS Colorado Springs Tour

Wii Tournament—28 April

Free Saving Abel Concert at Garcia PFC

Free LT Dan Band Concert at the Special Events Center

Resilient Warrior Source

Coming Soon

Army Community Service (ACS) Soldier & Family Readiness Program



Saving Your Marriage Before it Starts: Seven Questions to Ask Before and After You Marry

This workshop is designed for those dating, engaged and for couples who have been married 5 years or less. Couples will learn:

1. How to communicate more effectively.
2. Identify their love styles.
3. How to develop the habit of happiness.
4. How to bridge the gender gap.
5. Face the myths of marriage.
6. How to draw closer as a couple.

Friday, 25 February / 9:00 a.m. to 3:30 p.m.
ACS Center, Building 1526

Intimate Allies: Learning, Living and Loving in a Win-Win Marriage Workshop

This workshop focuses on developing positive communication skills and understanding the principles of healthy relationships as individuals and as couples. Couples will learn how to:

1. Deepen marital love and increase joy in their marriage.
2. Recognize and protect their marriage from things which seek to destroy their marital happiness and commitment.
3. Develop a practical plan for marital growth.
4. Learn how to build resiliency in their relationship.
5. Live together in a supportive "Intimate Allies" marriage.

Friday, 22 April / 9:00 a.m. to 3:30 p.m.
ACS Center, Building 1526

These couple's communication workshops will be facilitated by Mr. Ken Robinson, the ACS Family Advocacy Program/Soldier & Family Educator. Ken is a 29 year military veteran (retired chaplain) and a doctoral candidate in marriage and family counseling. Ken's passion is helping couples develop and enjoy happy and committed marriages.

And coming this summer...Growing Close, Growing Strong...Developing the Intimacy in Marriage You have always Dreamed Of...

This workshop will aim to help couples increase feelings of love, deepen intimacy, and improve overall satisfaction in marriage. The goal of the class will be to promote a safe haven type of relationship in which couples have the ability to share feelings and the freedom to grow close emotionally.

For more information or to register, please call (719) 526-4590. Limited childcare available with registration.

Army Community Service (ACS), ACS Center (Building 1526), 6000 W. Alameda, Fort Carson, Colorado 80634-1770, (719) 526-4590 / 526-4591 / 526-4592 / 526-4593 / 526-4594 / 526-4595 / 526-4596 / 526-4597 / 526-4598 / 526-4599 / 526-4600 / 526-4601 / 526-4602 / 526-4603 / 526-4604 / 526-4605 / 526-4606 / 526-4607 / 526-4608 / 526-4609 / 526-4610 / 526-4611 / 526-4612 / 526-4613 / 526-4614 / 526-4615 / 526-4616 / 526-4617 / 526-4618 / 526-4619 / 526-4620 / 526-4621 / 526-4622 / 526-4623 / 526-4624 / 526-4625 / 526-4626 / 526-4627 / 526-4628 / 526-4629 / 526-4630 / 526-4631 / 526-4632 / 526-4633 / 526-4634 / 526-4635 / 526-4636 / 526-4637 / 526-4638 / 526-4639 / 526-4640 / 526-4641 / 526-4642 / 526-4643 / 526-4644 / 526-4645 / 526-4646 / 526-4647 / 526-4648 / 526-4649 / 526-4650 / 526-4651 / 526-4652 / 526-4653 / 526-4654 / 526-4655 / 526-4656 / 526-4657 / 526-4658 / 526-4659 / 526-4660 / 526-4661 / 526-4662 / 526-4663 / 526-4664 / 526-4665 / 526-4666 / 526-4667 / 526-4668 / 526-4669 / 526-4670 / 526-4671 / 526-4672 / 526-4673 / 526-4674 / 526-4675 / 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